

KitchenAid®



PROFESSIONAL
MIXER

ELECTRONIC
9 SPEED

*Instructions
and Recipes*



IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. To protect against risk of electrical shock, do not put mixer in water or other liquid.
3. Close supervision is necessary when this or any appliance is used near children.
4. Unplug mixer from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contacting moving parts. Keep hands, hair, clothing, as well as spatulas and other utensils away from all accessories during operation to reduce the risk of injury to persons and/or damage to the mixer.
6. Do not operate the mixer with a damaged cord or plug or after the mixer malfunctions, or is dropped or damaged in any manner. Return the mixer to the nearest Authorized Service Center for examination, repair or electrical or mechanical adjustment.
7. The use of attachments not recommended or sold by KitchenAid may cause fire, electric shock or injury.
8. Do not use the mixer outdoors.
9. Do not let the cord hang over the edge of table or counter.
10. Do not let cord contact hot surface, including the stove.
11. Remove any accessories from mixer before washing them.

SAVE THESE INSTRUCTIONS



Your safety and the safety of others is very important.

We have provided many important safety messages in this manual and on your appliance. Always read and obey all safety messages.



This is the safety alert symbol.

This symbol alerts you to hazards that can kill or hurt you and others.

All safety messages will be preceded by the safety alert symbol and the word "DANGER" or "WARNING." These words mean:

 **DANGER**

You will be killed or seriously injured if you don't follow instructions.

 **WARNING**

You can be killed or seriously injured if you don't follow instructions.

All safety messages will identify the hazard, tell you how to reduce the chance of injury, and tell you what can happen if the instructions are not followed.




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KitchenAid Hand Mixer Warranty — USA

Length of Warranty:	KitchenAid Will Pay For:	KitchenAid Will Not Pay For:
One Year Full warranty from date of purchase.	 Total Replacement Warranty. (See next page for details) OR Replacement parts and repair labor costs to correct defects in materials and workmanship. If you live in Puerto Rico service must be provided by an Authorized KitchenAid Service Center.	A. Repairs when mixer is used in other than normal home use. B. Damage resulting from accident, alteration, misuse or abuse. C. Any shipping or handling costs to deliver your mixer to a Service Center. D. Replacement parts or repair labor costs for mixer operated outside United States.

KITCHENAID DOES NOT ASSUME ANY RESPONSIBILITY FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some states do not allow the exclusion or limitation of incidental or consequential damages, so this exclusion may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from state to state.

How To Arrange For Service — USA Only

If you live in the United States, you may use either the Total Replacement Warranty program or our Standard First Year Warranty program. (See next page.) Residents of Puerto Rico must use the Standard First Year Warranty program.

You may also use the information listed under Standard First Year Warranty to arrange for service after your warranty expires.



Total Replacement Warranty

We're so confident the quality of our products meets the exacting standards of KitchenAid, that if your mixer should fail within the first year of ownership, KitchenAid will arrange to deliver a replacement to your door free of charge, then arrange to have your "failed" mixer returned to us. We will, at our option, provide you with a new, similar, or reconditioned unit. Your replacement unit is covered by our one year full warranty. Please follow these instructions to receive this quality service.



If you reside in the United States and your KitchenAid mixer should fail within the first year of ownership, simply call our toll-free Customer Satisfaction Center at 1-800-541-6390. Give the consultant your complete shipping address. (No P.O. Box Numbers, please.)

KitchenAid will arrange to deliver a replacement mixer and have your "failed" mixer returned to us.

Put your "failed" mixer in the original shipping carton along with a sheet of paper with your name and address on it, and proof of purchase (register receipt, credit card charge slip, etc.)

Standard First Year Warranty

(Required Warranty Service for Puerto Rico)

Take the mixer or ship prepaid and insured to the nearest Authorized Service Center. Call toll-free: 1-800-541-6390 to learn the location of a Service Center near you. Your repaired mixer will be returned to you prepaid and insured.

All local service should be handled by an Authorized KitchenAid Service Center. If you are unable to obtain satisfactory service in this manner, contact the Customer Satisfaction Center, KitchenAid Portable Appliances, P. O. Box 218, St. Joseph, Michigan 49085-0218. Call toll-free: 1-800-541-6390.

How To Arrange For Service — Outside The USA

To arrange for service, consult your local KitchenAid dealer or the store where you purchased the mixer for information on how to obtain service locally.



If You Need Service or Assistance

KEEP A COPY OF THE SALES RECEIPT SHOWING THE DATE OF PURCHASE. PROOF OF PURCHASE WILL ASSURE YOU OF IN-WARRANTY SERVICE.

If your mixer should malfunction or fail to operate, please check the following:

- Is the mixer plugged in?
- Is the power switch on the side of the mixer in the “ON” position?
- Is the fuse in the circuit to the mixer in working order? If you have a circuit breaker box, be sure the circuit is closed.
- If the problem is not the result of either of these reasons, see “How To Arrange For Service” on page 4 or 5.
- DO NOT return mixer to dealer, the dealer does not provide service.

Product Registration Card

Before you use your mixer, please fill out and mail your product registration card packed with the Instructions and Recipes Guide. This card will enable us to contact you in the unlikely event of a product safety notification and assist us in complying with the provisions of the Consumer Product Safety Act. THIS CARD DOES NOT VERIFY YOUR WARRANTY.

Keep a copy of the sales receipt showing the date of purchase of your mixer. PROOF OF PURCHASE WILL ASSURE YOU RECEIVE IN-WARRANTY SERVICE.

Please complete the following for your personal records:

Model Number* _____

Date Purchased _____

Dealer's Name _____

Address _____

Phone _____

* Located on bottom of mixer.

Electrical Requirements

Volts: 120 A.C. only. Hertz: 60

NOTE: This mixer has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only

one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.



How To Obtain Service

HOW TO OBTAIN SERVICE IN THE UNITED STATES AND PUERTO RICO

1. Call toll-free 1-800-541-6390 to arrange for service, or write to:
Customer Satisfaction Center,
KitchenAid Portable Appliances,
P.O. Box 218, St. Joseph, MI
49085-0218.
2. Look in your local phone directory
Yellow Pages, under "Appliances,
Small - Repair and Service."
3. Attachments for your mixer can be
obtained by calling 1-800-541-6390.

HOW TO OBTAIN SERVICE OUTSIDE THE UNITED STATES

**To arrange for service outside the
USA, consult your local KitchenAid
dealer or the store where the
product was purchased.**



KHM9PWH Hand Mixer Features

The KitchenAid Professional 9 Speed Hand Mixer offers the convenience of a soft start and extra low speeds for incorporating heavy ingredients into mixtures, and a Pro Whisk designed especially for whipping cream and egg whites. A digital display shows mixing speed at a glance.

This mixer is designed to mix cookie doughs and cake batters, whip heavy cream and egg whites, and mash potatoes. A special sensor electronically “determines” when more power is needed to maintain steady, consistent beater speeds. Professional TurboBeater™ Accessories incorporate an open shape with no center post; this design permits thorough mixing of ingredients with no clogging and minimal food collection. This design also holds splashing of ingredients to a minimum.

The KitchenAid Professional 9 Speed Hand Mixer is designed to deliver the same quality and reliability that have been built into KitchenAid stand mixers for more than 75 years.

Easy-To-Use 9-Speed Control

Gives fingertip control of mixer speeds. Touch the “STOP” button to stop mixing action. “0” in the speed indicator window display flashes to show the mixer is receiving power and is ready to operate.

Easy-To-Clean Design

Smooth styling makes cleanup easy. No grooves or crevices to trap ingredients.

Round Power Cord

Smooth, round shape makes cleanup easy.

Non-Tip Heel Rest

Holds mixer stable when not in use.

Pro Whisk

Specially designed to whip cream and egg whites and to ensure smooth sauces and puddings.

KitchenAid Quality

Your mixer is built and tested to meet KitchenAid quality standards for optimum performance and long, trouble-free life.

Easy-To-Read Speed Indicator

Convenient digital display shows mixing speed at a glance. Flashing “0” in display window shows power is on and mixer is ready to operate.

Convenient Ejector Button

Easy, one-hand ejection of beaters.

Comfort Designed Handle

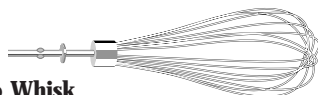
Angled handle reduces arm fatigue; rounded grip provides a comfortable fit for hands of all sizes.

Air Vents

Located away from ingredients being mixed to prevent clogging.

Professional TurboBeater™ Accessories

Made from high quality stainless steel. Dishwasher-safe. Exclusive self-cleaning mixing action.





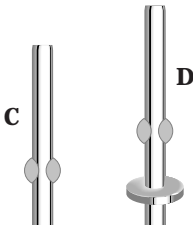
How to Use the Mixer

Be sure to read and follow the specific instructions in this manual for proper use of this mixer.

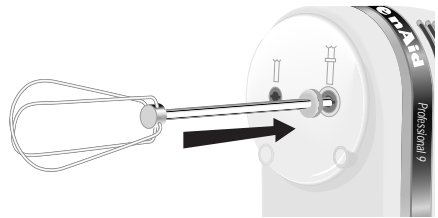
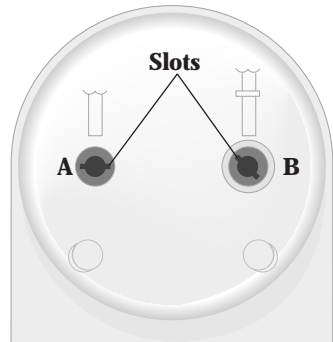
Note: With the Power Switch in the ON position, an accidental touching of the speed control, or other circumstances, may result in turning on the mixer. If mixer runs when “0” speed is flashing, do not use; call 1-800-541-6390 to arrange for service.

TO ATTACH ACCESSORIES

- Be certain the Power Switch is in the OFF position.
- Unplug mixer from electrical outlet.
- Insert the Accessory (D), which has a collar, in the larger opening (B), line up flanges on accessory with the slots in the opening and push in until it locks in place.



- Insert the Accessory (C), which has no collar, if applicable, in the smaller opening (A), line up flanges on accessory with the slots in the opening and push in until it locks in place.



TO REMOVE ACCESSORIES

- Be certain the Power Switch is in the OFF position.
- Unplug mixer from electrical outlet.
- Press the Ejector Button (E) to release Accessories from mixer.



- Remove Accessories from mixer.

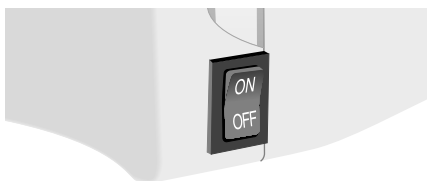


How to Use the Mixer

TO OPERATE SPEED CONTROL

Note: With the Power Switch in the ON position, an accidental touching of the speed control, or other circumstances may result in turning on the mixer. If mixer runs when “0” speed is flashing, do not use; call 1-800-541-6390.

- Be certain the Power Switch is in the OFF position.



- Plug mixer into electrical outlet.
- Press Power Switch to ON position. ON/OFF Power Switch controls power to motor and control panel. The Speed Indicator light will flash “0”; this light flashes when the mixer is plugged in and ready to operate.
- Press RUN and unit runs until you press STOP. Upon pressing STOP, the unit automatically returns to “0” speed.
- To increase speed, press RUN.

- To decrease speed, press the DOWN ARROW.
- Press STOP when you want to stop the mixer, when mixing time stated in the recipe has been reached, or when ingredients have reached the desired consistency. When you press STOP the mixer will stop operating and the “0” will flash again, indicating that power is supplied to the control panel and the unit is ready to operate. DO NOT touch beaters. DO NOT use the STOP pad as a substitute for the Power Switch.

Note: The speed indicator will return to “0” during any of these power interruptions:

- Pressing the Power Switch to OFF position
- Power failure
- Unplugging unit



How to Use the Mixer

SPEED CONTROL GUIDE



The Professional 9 Speed Hand Mixer has nine mixing speeds. The Speed Control should always be set on the lowest speed at the start of mixing. Move to higher speeds as needed.

Flashing 0 Indicates mixer is ready to operate.

Speed 1 Slow stirring, combining, and starting all mixing procedures. Use this speed to stir in nuts, chocolate chips, shredded cheese, onions, olives and other chunky ingredients. Helps prevent ingredients from splashing out of bowl.

Speed 2 Stir flour and other dry ingredients into liquids or moist mixtures. Stir liquids into dry ingredients.

Speed 3 Stir pancake batter.

Speed 4 Combine heavy mixtures, such as cookie dough. Mix light cream cheese spreads. Stir batters and gelatin mixtures.

Speed 5 Mix muffins and quick breads. Combine heavy cream cheese mixtures. Mash potatoes or squash.

Speed 6 Mix batter breads. Blend butter and sugar. Mix frostings.

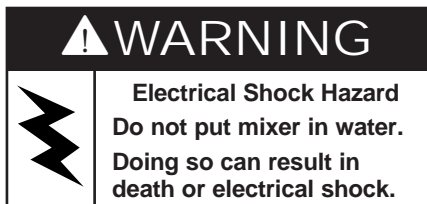
Speed 7 Finish mixing cake and other batters. Whip heavy cream and mousse mixtures.

Speed 8 Beat egg whites.

Speed 9 Beat meringue mixtures.

NOTE: TurboBeater™ Accessories are not designed for mixing and kneading bread doughs. Special dough hook attachments are available, call 1-800-541-6390 to order.

Care And Cleaning



ALWAYS UNPLUG MIXER BEFORE CLEANING. Wipe mixer with warm, sudsy cloth; then wipe clean with damp cloth. Dry with soft cloth. **DO NOT IMMERSE MIXER IN WATER.**

PROFESSIONAL TURBOBEATER ACCESSORIES

Remove from mixer. Wash in warm, sudsy water. Rinse and wipe dry. Or wash in dishwasher.

POWER CORD

Wipe cord with warm, sudsy cloth; then wipe clean with damp cloth. Dry with soft cloth.

❧ RECIPES ❧

RASPBERRY CREAM CHEESE SPREAD

- 1 package (8 oz.) light cream cheese*
- 3 tablespoons seedless raspberry preserves*
- ¼ teaspoon grated orange peel*

Place all ingredients in small bowl. Beat on Speed 4 about 1 minute, or until smooth and creamy, scraping bowl once or twice. Serve with mini-bagels or crackers, if desired.

Yield: 10 servings (2 tablespoons per serving).

Per serving: About 64 cal, 2 g pro, 6 g carb, 4 g total fat, 2 g sat fat, 8 mg chol, 128 mg sod.

HONEY-WALNUT CREAM CHEESE SPREAD

- 1 package (8 oz.) light cream cheese*
- 2 tablespoons honey*
- ¼ cup chopped walnuts*

Place cream cheese and honey in small bowl. Beat on Speed 4 about 1 minute, or until smooth and creamy, scraping bowl once or twice. Add walnuts. Beat on Speed 1 about 20 seconds, or until combined. Serve with mini-bagels or crackers, if desired.

Yield: 10 servings (2 tablespoons per serving).

Per serving: About 80 cal, 3 g pro, 5 g carb, 6 g total fat, 3 g sat fat, 8 mg chol, 128 mg sod.



MASHED POTATOES

2 pounds (about 6 medium) russet potatoes, peeled, cut into quarters, and boiled

¼ cup margarine or butter, softened

½ teaspoon salt

⅓ teaspoon black pepper

¼-½ cup lowfat milk, warmed

Drain potatoes well. Return to hot saucepan. Add margarine, salt, and pepper. Beat on Speed 4 about 20 seconds, or until potatoes are broken up. Continuing on Speed 4, slowly add milk. Beat about 45 seconds, or until smooth. Serve immediately.

Yield: 8 servings (about ½ cup per serving).

Per serving: About 137 cal, 3 g pro, 19 g carb, 6 g total fat, 1 g sat fat, 0 mg chol, 221 mg sod.

VARIATIONS:

Garlic Mashed Potatoes

Add 6 to 8 large, peeled cloves garlic to potatoes before boiling.

Yield: 8 servings (about ½ cup per serving).

Per serving: About 140 cal, 3 g pro, 20 g carb, 6 g total fat, 1 g sat fat, 0 mg chol, 222 mg sod.

Carrot and Leek Mashed Potatoes

Add 2 medium carrots, cut into 1-inch pieces, and 1 medium leek, cut into 1-inch pieces, to potatoes before boiling. Cook until tender.

Yield: 10 to 12 servings (about ½ cup per serving).

Per serving: About 154 cal, 3 g pro, 23 g carb, 6 g total fat, 1 g sat fat, 0 mg chol, 231 mg sod.

Pesto Mashed Potatoes

Prepare potatoes as directed. Add ¼ cup prepared pesto. Beat on Speed 5 about 15 seconds, or until blended.

Yield: 8 servings (about ½ cup per serving).

Per serving: About 176 cal, 4 g pro, 20 g carb, 10 g total fat, 2 g sat fat, 1 mg chol, 276 mg sod.



SQUASH AND APPLE BAKE

- 1 cup reduced-sodium chicken broth*
- ¼ teaspoon cloves*
- 2 acorn squash (about 3½ lbs.), washed, cut into halves, and seeds removed*
- 2 teaspoons margarine or butter*
- 1 medium onion, chopped*
- 1 medium apple, peeled, cored, and chopped*
- 2 tablespoons fat-free egg substitute*
- ¼ cup seasoned bread crumbs*
- 2 teaspoons margarine or butter, melted*

Spray 1-quart casserole dish with no-stick cooking spray.

Place broth and cloves in large skillet or Dutch oven. Add squash, cut side down. Bring to a boil. Reduce heat to medium-low. Cook, covered, 15 to 25 minutes, or until squash is soft. Remove squash; cool slightly. Scoop out pulp. Set aside.

Meanwhile, melt 2 teaspoons margarine in nonstick skillet over medium heat. Add onion. Cook and stir about 1 minute. Add apple. Cook and stir 3 to 4 minutes longer, or until onion is tender.

Place squash in large bowl. Beat on Speed 4 for 15 to 20 seconds, or until broken up. Add egg substitute. Beat on Speed 5 about 30 seconds, or until smooth. Add onion mixture. Beat on Speed 2 about 15 seconds, or until combined. Spoon squash mixture into casserole dish.

Combine bread crumbs and 2 teaspoons melted margarine in small bowl. Beat on Speed 1 about 15 seconds, or until blended. Sprinkle evenly over squash. Bake at 350°F for 25 to 35 minutes, or until thoroughly heated.

Yield: 6 to 8 servings (about ½ cup per serving).

Per serving: About 124 cal, 3 g pro, 24 g carb, 3 g total fat, 1 g sat fat, 2 mg chol, 260 mg sod.



SAVORY SWEET POTATOES

- 2 pounds sweet potatoes
(about 3 medium),
scrubbed, unpeeled,
and boiled
- $\frac{1}{8}$ cup thinly sliced green
onions
- $\frac{1}{2}$ teaspoon dried
marjoram leaves
- Dash cayenne pepper
- $\frac{1}{8}$ cup reduced-sodium
chicken broth
- $\frac{1}{2}$ cup nonfat sour cream

Drain potatoes well; cool slightly. Cut ends from potatoes. Slip off and discard peels.

Place potatoes, onions, marjoram, and pepper in large bowl. Beat on Speed 4 about 10 seconds, or until potatoes are broken up. Add broth. Beat on Speed 7 about 30 seconds, or until smooth. Add sour cream. Beat on Speed 4 about 20 seconds, or until blended. Serve immediately.

Yield: 8 servings (about $\frac{1}{2}$ cup per serving).

Per serving: About 166 cal, 4 g pro, 36 g carb,
1 g total fat, 0 g sat fat, 0 mg chol, 50 mg sod.

OVERNIGHT SAUSAGE AND EGG BRUNCH

- 1 pound turkey Italian
sausage links, cut into
 $\frac{1}{4}$ -inch thick slices
- 1 medium onion, chopped
- 1 package (8 oz.) light
cream cheese
- 1 teaspoon dried
marjoram leaves
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon cayenne
pepper
- 1 cup fat-free egg
substitute
- 1 can (12 oz.) evaporated
skimmed milk
- 9 slices French bread,
sliced diagonally
1-inch thick
- 1 package (16 oz.) frozen
chopped broccoli,
thawed*
- 1 cup shredded reduced-
fat sharp Cheddar
cheese

Spray 13x9x2-inch baking dish with no-stick cooking spray.

Place sausage and onion in medium nonstick skillet. Cook over medium heat about 8 minutes, or until sausage is no longer pink in center and onion is tender. Set aside.

Place cream cheese, marjoram, salt, and pepper in medium bowl. Beat on Speed 5 about 20 seconds, or until smooth. Add egg substitute and milk. Beat on Speed 6 about 20 seconds, or until smooth.

Layer bread in baking dish. Top with sausage mixture, broccoli, and Cheddar cheese. Pour cream cheese mixture evenly over top. Cover tightly. Refrigerate at least 8 hours or overnight.

Uncover dish. Bake at 350°F for 1 hour 15 minutes, or until knife inserted in center comes out clean.

Yield: 12 servings.

Per serving: About 264 cal, 18 g pro, 17 g carb,
14 g total fat, 5 g sat fat, 55 mg chol, 728 mg sod.

* **Tip:** Rinse broccoli under hot water to thaw. Drain well.



SKILLET CHICKEN FLORENTINE

- 2 medium shallots,
chopped*
- 4 ounces light cream
cheese*
- ¼ cup seasoned bread
crumbs*
Dash nutmeg
- 1 package (9 oz.) frozen
chopped spinach,
thawed and pressed dry*
- 4 boneless, skinless
chicken breast halves,
pounded slightly
to flatten*
- ½ cup shredded reduced-
fat Swiss cheese*
- 1 can (14½ oz.) diced
tomatoes with roasted
garlic, onion, and
oregano*

Spray large nonstick skillet with no-stick cooking spray. Heat over medium heat. Add shallots. Cook about 5 minutes, or until tender. Add 2 tablespoons water, if necessary, to prevent browning.

Place cream cheese, shallots, bread crumbs, and nutmeg in medium bowl. Beat on Speed 5 about 30 seconds, or until blended. Break apart spinach with fork. Add to cream cheese mixture. Beat on Speed 4 about 15 seconds, or until blended.

Spread one-fourth of mixture on each chicken breast. Fold chicken breast over to enclose filling. Spray large nonstick skillet with no-stick cooking spray. Heat over medium-high heat. Add chicken. Cook about 3 minutes, or until evenly browned. Add tomatoes. Reduce heat to low. Cook, covered, 8 to 12 minutes, or until chicken is thoroughly cooked and filling is hot. To serve, spoon tomatoes over chicken.

Yield: 4 servings.

Per serving: About 306 cal, 39 g pro, 16 g carb, 11 g total fat, 4 g sat fat, 90 mg chol, 873 mg sod.



BEER CHEESE BATTER BREAD

2½ cups all-purpose flour
1 package active dry yeast
2 tablespoons sugar
1 teaspoon salt
1½ cups shredded reduced-fat sharp Cheddar cheese
1 cup beer
2 tablespoons margarine or butter
1 egg
½ teaspoon hot pepper sauce

Combine 1½ cups flour, yeast, sugar, and salt in large bowl. Stir in cheese. Set aside.

Place beer and margarine in small saucepan. Heat over medium heat until margarine melts. Continue heating to 120°F to 130°F. Add to flour mixture with egg and hot pepper sauce. Beat on Speed 2 about 1 minute, or until combined. Beat on Speed 6 about 3 minutes, scraping bowl occasionally. Add remaining flour. Beat on Speed 2 about 1 minute.

Cover bowl loosely with greased plastic wrap and a towel. Let batter rise in warm place, free from draft, 45 to 60 minutes, or until light and doubled in bulk.

Generously grease 1½- or 2-quart casserole dish or 9x5x3-inch baking pan. Stir down dough to remove air bubbles. Turn into greased casserole dish. Cover with greased plastic wrap and a towel. Let rise in warm place, free from draft, 20 to 30 minutes, or until light and doubled in bulk.

Bake at 350°F for 40 to 45 minutes, or until deep golden brown. Remove from casserole dish immediately and cool on wire rack. Serve warm.

Yield: 16 servings.

Per serving: About 132 cal, 6 g pro, 18 g carb, 4 g total fat, 2 g sat fat, 21 mg chol, 248 mg sod.



APPLE WAFFLES

- 2 eggs, separated*
- 3 tablespoons margarine
or butter, melted*
- 1 cup lowfat milk*
- 1¾ cups all-purpose flour*
- 1 tablespoon baking
powder*
- ½ teaspoon cinnamon*
- 1 cup shredded apple*

Place egg whites in small bowl. Beat on Speed 8 about 40 seconds, or until stiff peaks form. Set aside.

Place egg yolks, margarine, and milk in medium bowl. Beat on Speed 5 about 20 seconds, or until blended. Add flour, baking powder, and cinnamon. Beat on Speed 4 about 30 seconds, or until blended. Beat on Speed 6 about 20 seconds, or until smooth. Add apple. Beat on Speed 4 about 15 seconds, or until combined. Add egg whites. Beat on Speed 4 about 15 seconds, or until blended.

Spray waffle iron with no-stick cooking spray. Heat according to manufacturer's directions. Pour about ½ cup batter for each waffle onto iron. Bake until steaming stops and waffle is golden brown.

Yield: 6 servings (1 waffle per serving).

Per serving: About 242 cal, 7 g pro, 34 g carb, 9 g total fat, 2 g sat fat, 75 mg chol, 239 mg sod.



PEACH COFFEECAKE

- 1 medium ripe peach,
peeled and chopped*
- ½ cup reduced-fat sour
cream*
- ¼ cup margarine or
butter, softened*
- ½ cup sugar, divided*
- ¼ cup fat-free egg
substitute*
- 1 cup all-purpose flour*
- ½ teaspoon baking
powder*
- ½ teaspoon baking soda*
- ¼ teaspoon salt*
- 1 peach, peeled and
sliced*

Spray 8x8x2-inch baking dish with no-stick cooking spray.

Place chopped peach in small bowl. Mash with fork. Add sour cream. Beat on Speed 5 about 1 minute, or until well mixed.

Place margarine and sugar, reserving 1 tablespoon, in medium bowl. Beat on Speed 6 about 1 minute, or until fluffy. Add egg substitute. Beat on Speed 6 about 20 seconds, or until smooth. Add peach mixture, reserving ½ cup. Beat on Speed 6 about 30 seconds, or until smooth. Add flour, baking powder, baking soda, and salt. Beat on Speed 4 about 30 seconds, or until blended. Beat on Speed 6 for 30 to 60 seconds, or just until smooth.

Pour batter into baking dish. Drizzle with reserved ½ cup peach mixture. Top with peach slices. Sprinkle with reserved 1 tablespoon sugar. Bake at 350°F for 30 to 35 minutes, or until toothpick inserted in center comes out clean. Cool slightly. Serve warm.

Yield: 9 servings.

Per serving: About 169 cal, 3 g pro, 26 g carb, 6 g total fat, 1 g sat fat, 4 mg chol, 227 mg sod.



CHOCOLATE CHIP COOKIES

- 1 cup sugar*
- 1 cup firmly packed brown sugar*
- 1 cup margarine or butter, softened*
- 2 eggs*
- 1½ teaspoons vanilla*
- 3 cups all-purpose flour*
- 1 teaspoon baking soda*
- ¼ teaspoon salt*
- 12 ounces semi-sweet chocolate chips*

Place sugar, brown sugar, margarine, eggs, and vanilla in large bowl. Beat on Speed 2 about 2 minutes, or until smooth.

Add flour, baking soda, and salt. Beat on Speed 1 about 30 seconds, or until blended. Beat on Speed 4 for 30 to 60 seconds, or until smooth. Add chocolate chips. Beat on Speed 1 about 15 seconds, or until combined.

Drop by rounded teaspoonfuls onto ungreased baking sheets, about 2 inches apart. Bake at 375°F for 10 to 12 minutes. Remove from baking sheets immediately and cool on wire racks.

Yield: 54 servings (1 cookie per serving).

Per serving: About 117 cal, 1 g pro, 17 g carb, 5 g total fat, 1 g sat fat, 8 mg chol, 76 mg sod.

APPLE GINGERBREAD

- 1½ cups all-purpose flour*
- ½ cup sugar*
- 1 teaspoon cinnamon*
- ½ teaspoon baking powder*
- ½ teaspoon baking soda*
- ½ teaspoon ginger*
- ¼ teaspoon salt*
- ½ cup margarine or butter, softened*
- 1 egg, slightly beaten*
- ½ cup molasses*
- ½ cup apple juice, heated to a boil*

Grease bottom only of 9x9x2-inch baking pan. Place all ingredients in large bowl. Beat on Speed 2 about 30 seconds, or until blended. Beat on Speed 6 about 30 seconds, or until smooth.

Pour batter into pan. Bake at 350°F for 25 to 30 minutes, or until toothpick inserted in center comes out clean. Serve warm with applesauce and Spiced Whipped Cream (see page 23), if desired.

Yield: 9 servings.

Per serving: About 233 cal, 3 g pro, 39 g carb, 7 g total fat, 2 g sat fat, 24 mg chol, 251 mg sod.



OATMEAL-NUT SNACK CAKE

1½ cups quick-cooking oats
1¼ cups boiling water
½ cup margarine or butter, softened
1½ cups firmly packed brown sugar
2 eggs
1½ cups all-purpose flour
1 teaspoon baking soda
½ teaspoon baking powder
1 teaspoon cinnamon
¼ teaspoon salt
½ cup chopped walnuts

Grease and flour 13x9x2-inch baking pan. Combine oats and boiling water in medium bowl. Let stand 10 minutes.

Place margarine, brown sugar, and eggs in large bowl. Beat on Speed 2 about 30 seconds, or until blended. Beat on Speed 6 about 1 minute, or until smooth and creamy. Add flour, baking soda, baking powder, cinnamon, and salt. Beat on Speed 2 about 30 seconds, or until blended. Beat on Speed 6 about 1 minute, or until well mixed. Add oatmeal. Beat on Speed 2 about 30 seconds, or until combined. Add walnuts. Beat on Speed 1 about 10 seconds, or until combined.

Spread batter in pan. Bake at 350°F for 30 to 35 minutes, or until toothpick inserted in center comes out clean. Cool completely. Frost with Maple Buttercream Frosting (see below), if desired.

Yield: 16 servings.

Per serving: About 235 cal, 4 g pro, 35 g carb, 9 g total fat, 2 g sat fat, 27 mg chol, 206 mg sod.

BUTTERCREAM FROSTING

¼ cup butter, softened
½ teaspoon vanilla
2 tablespoons lowfat milk
2 cups powdered sugar

Place all ingredients in large bowl. Beat on Speed 6 for 30 to 60 seconds, or until smooth and creamy.

Yield: 16 servings (frosting for 13x9x2-inch cake).

Per serving: About 75 cal, 0 g pro, 13 g carb, 3 g total fat, 2 g sat fat, 8 mg chol, 30 mg sod.

VARIATION:

Maple Buttercream Frosting

Add ¼ teaspoon maple extract.

Yield: 16 servings (frosting for 13x9x2-inch cake).

Per serving: About 75 cal, 0 g pro, 13 g carb, 3 g total fat, 2 g sat fat, 8 mg chol, 30 mg sod.



WHIPPED CREAM

- 1 cup heavy cream*
- 2 tablespoons powdered sugar*
- ½ teaspoon vanilla*

Attach pro whisk to mixer. Place cream in medium bowl. Beat on Speed 7 about 30 seconds, or until soft peaks form. Continuing on Speed 7, gradually add powdered sugar and vanilla. Beat about 30 seconds, or until stiff.

Yield: 16 servings (2 tablespoons per serving).

Per serving: About 48 cal, 0 g pro, 1 g carb, 5 g total fat, 3 g sat fat, 17 mg chol, 5 mg sod.

VARIATIONS:

Amaretto Whipped Cream

Substitute 2 tablespoons amaretto liqueur for the vanilla.

Per serving: About 54 cal, 0 g pro, 2 g carb, 5 g total fat, 3 g sat fat, 17 mg chol, 6 mg sod.

Cappuccino Whipped Cream

Add 2 teaspoons instant coffee granules or crystals to cream before whipping. Increase powdered sugar to ¼ cup.

Per serving: About 52 cal, 0 g pro, 2 g carb, 5 g total fat, 3 g sat fat, 17 mg chol, 6 mg sod.

Spiced Whipped Cream

Add ¼ teaspoon cinnamon and ⅛ teaspoon nutmeg with powdered sugar.

Per serving: About 48 cal, 0 g pro, 1 g carb, 5 g total fat, 3 g sat fat, 17 mg chol, 5 mg sod.



CHOCOLATE WHIPPED CREAM

- 1 cup heavy cream*
- 2 tablespoons
unsweetened cocoa
powder*
- ¼ cup powdered sugar*
- ¼ teaspoon vanilla*
- ¼ teaspoon rum extract*

Attach pro whisk to mixer. Place cream and cocoa powder in medium bowl. Beat on Speed 2 about 30 seconds, or until blended. Beat on Speed 7 about 30 seconds, or until soft peaks form. Continuing on Speed 7, gradually add powdered sugar, vanilla, and rum extract. Beat about 30 seconds, or until stiff.

Yield: 16 servings (2 tablespoons per serving).

Per serving: About 53 cal, 0 g pro, 2 g carb,
5 g total fat, 3 g sat fat, 17 mg chol, 6 mg sod.



MERINGUE DESSERT TARTS

- 4 egg whites
- $\frac{1}{8}$ teaspoon cream of tartar
- $\frac{3}{4}$ cup sugar

Attach pro whisk to mixer. Place egg whites in large bowl. Beat on Speed 9 about 20 seconds, or until frothy. Add cream of tartar. Beat on Speed 9 for 30 to 60 seconds, or until soft peaks form. Continuing on Speed 9, add sugar, 1 tablespoon at a time, beating about 5 minutes, or until stiff and glossy.

Spoon or pipe meringue into eight $3\frac{1}{2}$ -inch circles on baking sheet lined with parchment paper or foil. Make indentation in center of each circle. Bake at 275°F for 35 minutes. Turn off oven and let meringues stand in oven 2 hours or overnight. Serve with Strawberry Yogurt Filling or Chocolate Mousse Filling.

Strawberry Yogurt Filling

- 1 package (8 oz.) light cream cheese
- $1\frac{1}{2}$ cups lowfat strawberry yogurt
- 3 tablespoons powdered sugar
- 2 cups sliced fresh strawberries

Exchange pro whisk for beaters. Place all ingredients in large bowl. Beat on Speed 6 about 1 minute, or until smooth and creamy. Refrigerate until serving time. To serve, spoon about $\frac{1}{4}$ cup filling into each Meringue Dessert Tart. Top with strawberries.

Chocolate Mousse Filling

- $\frac{3}{4}$ cup semi-sweet chocolate chips
- 3 tablespoons water
- $\frac{1}{4}$ teaspoon almond extract
- 1 cup heavy cream
- 2 tablespoons powdered sugar
- $\frac{1}{2}$ cup sliced almonds

Place chocolate chips and water in small saucepan. Heat over low heat until smooth and melted, stirring constantly. Stir in almond extract. Cool to room temperature, about 30 minutes.

Attach pro whisk to mixer. Place cream in large bowl. Beat on Speed 7 about 30 seconds, or until soft peaks form. Continuing on Speed 7, gradually add powdered sugar. Beat about 30 seconds, or until stiff. Gradually add chocolate. Beat on Speed 1 about 1 minute, or until blended. Refrigerate until serving time. To serve, spoon about $\frac{1}{4}$ cup filling into each Meringue Dessert Tart. Top with almonds.

Yield: 8 servings.

Per serving (tart and strawberry filling): About 205 cal, 7 g pro, 34 g carb, 6 g total fat, 3 g sat fat, 12 mg chol, 213 mg sod.

Per serving (tart and chocolate filling): About 285 cal, 5 g pro, 33 g carb, 17 g total fat, 6 g sat fat, 35 mg chol, 39 mg sod.



LEMON PUDDING CAKE

3 eggs, separated
³/₄ cup lowfat milk
¹/₄ cup fresh lemon juice
1 teaspoon grated lemon peel
1 cup sugar
³/₄ cup all-purpose flour
¹/₄ teaspoon salt

Place egg whites in medium bowl. Beat on Speed 9 about 1 minute, or until stiff peaks form. Set aside.

Place egg yolks in large bowl. Beat on Speed 6 about 30 seconds. Add milk, lemon juice, and grated peel. Beat on Speed 6 about 30 seconds, or until combined. Add remaining ingredients. Beat on Speed 2 about 30 seconds, or until blended. Beat on Speed 6 about 1 minute, or until smooth and frothy. Fold in egg whites with spatula, until just combined.

Spoon batter into ungreased 1½-quart soufflé or casserole dish. Place dish in large, shallow baking pan. Add hot water to pan to 1-inch depth. Place in oven. Bake at 350°F for 35 to 45 minutes, or until golden brown. Cool slightly. Serve warm.

Yield: 6 servings.

Per serving: About 241 cal, 6 g pro, 48 g carb, 3 g total fat, 1 g sat fat, 109 mg chol, 143 mg sod.



NOTES

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